

Stroke Information Guide



Lancashire and South Cumbria
Stroke Programme

A guide to stroke related information for:

- stroke survivors
- stroke survivors' families and carers
- anyone with an interest in preventing a stroke
- anyone who supports someone affected by stroke including community organisations, health and care staff and volunteers



This is an interactive PDF. To navigate, use the arrow buttons on each page or locate a specific section using the tool bars on the left of the page or across the top of the document.





How to use the Stroke Information Guide

The purpose of this guide is to provide access to good quality, appropriate information for stroke patients and their families/carers across the whole stroke patient pathway.

The headings on the tabs across the top of this page show which part of the stroke patient experience the information relates to:

- The [Stroke related terminology](#) section provides general information around stroke and related items.
- The [Preventing a first stroke or further stroke](#) section provides information around stroke risk factors and how to prevent an initial stroke or a further stroke(s) from happening.
- The [Time in hospital](#) section provides information that may be useful whilst the stroke survivor is on a hospital ward.
- The [Survivorship and recovery](#) section provides information to help someone's recovery following a stroke. This may be in terms of helping the stroke survivor and their family and carers to adapt to change, to improve their quality of life and/or work towards and achieve any goals they may have.
- The [Alternative formats and local contact information](#) section provides versions of the Stroke Information Guide that can be printed off in a health, community or home setting for someone who would find this format more useful. There are also the contact details for local support organisations and links to information in:
 - [British Sign Language \(BSL\)](#)
 - [Audio format](#)
 - [Easy read format](#)

 [Read more about 'How to use the Stroke Information Guide'](#)





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How to use the Stroke Information Guide

Further information and resources

This guide will be continuously maintained and updated to ensure that the content is as recent and accurate as possible. If you would like to suggest an addition or amendment to the Guide, please contact the Healthier Lancashire & South Cumbria team on:

 **01253 951 630**

 healthier.lsc@nhs.net

The information in the Stroke Information Guide can be requested in various formats including:

- large print
- Braille
- audiotape/CD
- British Sign Language (BSL) DVD
- Easy Read with pictures
- community languages

Please use the above contact details for further information.

Please note, this document may contain links to other resources of interest. However, once you have used these links to leave our document, you should note that we do not have any control over that other resource. Therefore, we cannot be responsible for the protection and privacy of any information which you provide whilst visiting such sites and such sites are not governed by this privacy statement. You should exercise caution and look at the privacy statement applicable to the information resource in question.



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Understanding stroke related terms

A stroke can happen to anyone at any time. No two strokes are the same and the symptoms experienced may not just be those highlighted in the [F.A.S.T campaign](#).

For example some people may experience:

- sudden weakness or numbness on one side of the body
- difficulty finding words
- sudden blurred vision or loss of sight
- sudden confusion, dizziness or unsteadiness
- a sudden, severe headache

A stroke or transient ischaemic attack (TIA) is serious and should not be ignored. If you experience any of the symptoms described above, even for a short amount of time, you must call 999. When someone experiences a stroke it is a very stressful and extremely uncertain and unfamiliar time for the stroke survivor and their family and friends. This section contains information around some of the main terms you may come across relating to stroke and related conditions.

Please click on the options on the left hand side of this page to find out more.

"I knew I was having a stroke because I'd seen the FAST advert, but I still did not fully know what a stroke was or what caused it."

Stroke survivor





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What is a stroke?

A stroke is a brain attack. It happens when the blood supply to part of your brain is cut off or there is a bleed around the brain.

Blood carries essential nutrients and oxygen to your brain. Without blood your brain cells can be damaged or die. This damage can have different effects, depending on where it happens in your brain. A stroke can affect the way your body works as well as how you think, feel and communicate.

Most strokes are caused by a blockage cutting off the blood supply to part of the brain. This is an ischaemic stroke.

However, strokes can also be caused by a bleeding in or around the brain. This is a haemorrhagic stroke.

Further information is also available under [Understanding what kind of stroke someone has had](#).

> Read further information and resources on 'What is a stroke?'





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What is a stroke?

Further information and resources

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke:

Find out more about strokes at these web pages:

 www.stroke.org.uk/what-stroke/what-stroke

 www.stroke.org.uk/what-stroke/what-stroke/ischaemic-stroke

 www.stroke.org.uk/what-stroke/what-stroke/haemorrhagic-stroke

Find out more about strokes from these booklets:

 [Stroke Association's What is a stroke? booklet](#)

 [Stroke Association's Ischaemic stroke booklet](#)

 [Stroke Association's Bleeding in the brain - haemorrhagic stroke booklet](#)

 [Brain and Spine Foundation Stroke fact sheet](#)

 [Brain and Spine Foundation Stroke stories](#)

NHS Choices is the UK's biggest health website:

 www.nhs.uk/Conditions/Stroke/Pages/Whosatriskpage.aspx

Different Strokes aims to empower younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

 www.differentstrokes.co.uk/index.php/what-is-a-stroke

 www.differentstrokes.co.uk/index.php/foryou

The Brain and Spine Foundation aim to improve the quality of life of people affected by neurological problems by providing expert information, support and education.

 www.brainandspine.org.uk/stroke

Patient is an online medical resource, supplying evidence based information on a wide range of medical and health topics to patients and health professionals.

 patient.info/health/stroke-leaflet

The British Heart Foundation is the nation's heart charity and the largest independent funder of cardiovascular research.

 www.bhf.org.uk/heart-health/conditions/stroke

Headway is the UK-wide charity that works to improve life after brain injury.

 www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/stroke



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What should we do if someone is having a stroke? Act F.A.S.T

Public Health England launched the Act F.A.S.T campaign to show people how to spot some signs of a stroke.

Stroke is a medical emergency that requires immediate medical attention. If you see any of the signs of stroke you must call 999.

Face Has it fallen on one side?

Arms Can they raise them?

Speech Is it slurred?

Time If you notice any of these signs dial 999

Please click below for more information:

www.nhs.uk/actfast/Pages/stroke.aspx

First aid for stroke from the British Red Cross organisation:

www.redcross.org.uk/What-we-do/First-aid/Everyday-First-Aid/Stroke





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Stroke information for children

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke.

 [Stroke Association's All about stroke: information for children \(aged 9+\) booklet](#)

Different Strokes empowers younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

 www.differentstrokes.co.uk/index.php/healthcare-profs/children-s-resource-pack





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Stroke in childhood

Stroke is a condition that is often associated with older people but anyone can have a stroke including babies and children.

The causes of stroke for children are very different from those for adults.

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke.

Stroke in childhood:

 [Stroke Association's childhood stroke booklet](#)

Different Strokes aims to empower younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

 www.differentstrokes.co.uk/index.php/foryou

 [Care After Stroke in Childhood](#)





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What causes stroke?

Unfortunately a stroke or a mini-stroke (known as a [transient ischaemic attack \[TIA\]](#)) could happen to anyone at any time.

Most strokes happen when a blood clot blocks the flow of blood to part of the brain. Blood clots usually form in areas where our arteries have become narrowed or 'furred' up by fatty deposits. This increases the risk of them becoming blocked and causing a stroke. However, there are other factors that can speed up this process, or make our blood more likely to clot.

Some risk factors for stroke you can't change, for example your age, your ethnicity, your family history and genetic conditions. Younger people can have strokes too, including children. One in four strokes in the UK happen in people under the age of 65.

Certain medical conditions can increase your risk of stroke which include [high blood pressure](#), diabetes, irregular heart beat (called [atrial fibrillation \[AF\]](#)), and [high cholesterol](#).

The way we live also has a big impact on our risk of stroke. Things like smoking, drinking too much alcohol, being overweight and eating unhealthy foods can damage blood vessels and raise [blood pressure](#), both of which put you at greater [risk](#) of having a stroke.

There are lots of simple changes you can make to your lifestyle that can reduce your risk of stroke. See the [Preventing a first stroke or further stroke](#) tab for further information.





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What is a transient ischaemic attack (TIA)?

A transient ischaemic attack or TIA is also known as a mini-stroke.

A transient ischaemic attack (TIA) should be treated as an emergency - many people go on to have a full stroke in the days or weeks after. A transient ischaemic attack (TIA) is the same as a stroke, except that the symptoms last for a short amount of time. This is because the blockage that stops the blood getting to your brain is temporary.

Although the symptoms may not last long, a TIA is still very serious. It is a sign that there is a problem and you are at risk of having a stroke. Because of this, a TIA is often called a warning stroke. If someone experiences temporary stroke like symptoms, medical advice should be obtained urgently.

Find out more here:

 [Stroke Association's Transient ischaemic attack\(TIA\) booklet](#)

The Royal College of Physicians produces a National Clinical Guideline for Stroke every four years.

It covers the whole stroke pathway from emergency hospital treatment through to long term rehabilitation and how to prevent further strokes.

The recommendations set standards for what should be provided by professionals and managers for patients and their carers when someone has had a stroke or transient ischaemic attack. The recommendations are based on the best current research evidence.

 www.strokeaudit.org/Guideline/Patient-Guideline.aspx





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What is atrial fibrillation (AF)?

Atrial fibrillation (AF) is the most common type of irregular heartbeat.

It is usually identified by an irregular pulse or heartbeat.

Atrial fibrillation (AF) means your heart may not be working as well as it could and it may increase your risk of stroke by up to five times.

There are different types of atrial fibrillation (AF) but they all increase the risk of stroke.

Other possible symptoms of atrial fibrillation (AF) include dizziness, shortness of breath, tiredness and heart palpitations. Many people have no symptoms however, and are unaware that they have AF. Checking if you have AF is important as it can easily be treated.

You can have a pulse check at the GP surgery and some pharmacies also offer this service. GPs can offer advice around the diagnosis and management of atrial fibrillation (AF). To find the contact details for pharmacies near you, please use the following link:

 www.nhs.uk/Service-Search/Pharmacy/LocationSearch/10

 Read further information and resources on 'What is atrial fibrillation (AF)?'





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Further information and resources

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www.stroke.org.uk/take-action/atrial-fibrillation-af

[Stroke Association's Atrial fibrillation \(AF\) and stroke booklet](#)

Atrial Fibrillation Association (AFA) is a UK registered charity which focuses on raising awareness of atrial fibrillation (AF) by providing information and support materials for patients and medical professionals involved in detecting, diagnosing and managing atrial fibrillation:

www.heartrhythmalliance.org/afa/uk/for-patients

en-gb.facebook.com/atrialfibrillation/

HealthUnlocked is a social network for health. By finding others with similar health backgrounds people can take on day to day health concerns together. The HealthUnlocked communities are set up by leading health organisations so people have access to credible support:

healthunlocked.com/afassociation

Care AF is a patient support programme for people who have been diagnosed with atrial fibrillation (AF) to ensure you are informed about your condition and give you all the information you need to be fully prepared for your AF treatment journey:

www.careaf.org

For guidance on how to check your pulse click on the link below:

www.heartrhythmalliance.org/aa/uk/know-your-pulse





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What are risk factors?

Anyone can have a stroke, but there are some things that increase your risk.

- Some risk factors you can't change, for example your age, your ethnicity, your family history and genetic conditions.
- Certain medical conditions can increase your risk of stroke which include [high blood pressure](#), diabetes, [atrial fibrillation \(AF\)](#), and [high cholesterol](#).
- The way we live has a big impact on our risk of stroke. Things like smoking, drinking too much alcohol, being overweight and eating unhealthy foods can damage your blood vessels, raise your cholesterol, increase your [blood pressure](#) and make your blood more likely to clot.
- There are lots of simple changes you can make to your lifestyle that can reduce your risk of stroke. See the [Preventing a first stroke or further stroke](#) tab for further information.





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What is high blood pressure?

(Also known as hypertension)

High blood pressure is one of the biggest risk factors for stroke.

Some pressure in our blood vessels is essential; it moves blood around the body and keeps us alive. Above a certain point though, despite having no symptoms, raised blood pressure (also known as hypertension) increases the risk of a range of serious medical problems, including heart attack, stroke, heart failure, chronic kidney disease, and vascular dementia.

High blood pressure is the most common long term condition in the UK, affecting more than one in four adults and is the second biggest risk factor after smoking for early death and disability in England.

In Lancashire there are currently estimated to be 171,000 people who have high blood pressure but have yet to have it diagnosed.

The normal or ideal adult blood pressure is considered to be less than 120/80mmHg. High blood pressure is considered to be if it is consistently higher than 140/90mmHg.

You can have a blood pressure check at the GP surgery and some pharmacies also offer this service. GPs can offer advice around the diagnosis and management of high blood pressure. See the [Preventing a first stroke or further stroke](#) tab for further information.





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What is cholesterol?

Cholesterol is a fatty substance that is found in our blood and is vital for the normal functioning of the body.

It is mainly made by the liver, but can also be found in some foods.

Having a very high level of cholesterol in our blood though can have an effect on our health. High cholesterol itself doesn't usually cause any symptoms, but it increases our risk of serious health conditions such as:

- ✳ narrowing of the arteries (atherosclerosis)
- ✳ heart attack
- ✳ stroke
- ✳ 'mini stroke' often known as a transient ischaemic attack (TIA)

A high level of cholesterol is harmful as it can build up in the blood vessels, and reduce the blood flow to the heart, brain and the rest of the body. It also increases the risk of a blood clot developing somewhere in the body.

Testing for cholesterol

The amount of cholesterol in the blood can be measured with a blood test. You can ask your GP surgery for information around a cholesterol test. Some local pharmacies also offer cholesterol tests. Reducing your cholesterol level can reduce your risk of stroke.

See the [Preventing a first stroke or further stroke](#) tab for further information.





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What is the Stroke Association?

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke. Some information is also available in large print and audio format.

They run local support groups and offer a wide range of activities for life after stroke e.g. communication support groups, Carers' groups, social groups, stroke related presentations, walking and bowling etc.

To find out what services the Stroke Association provides near where you live, click below or use the following telephone numbers:

 www.stroke.org.uk/finding-support

Blackburn with Darwen

 Information, Advice and Support Service (IAS):
01254 367 431 or 01254 367 432

 Communication Support Service (CS): 01254 367 430

Blackpool

 Life After Stroke Service (LAS): 01253 762 665

Central Lancashire

 Life After Stroke Service (LAS): 01772 651 927

East Lancs

 Information, Advice & Support Service (IAS):
01282 691 262

 Communication Support Service (CS): 01282 693 333

Fylde & Wyre

 Life After Stroke Service (LAS): 01253 762 665

North Lancashire, Morecambe Bay

 Life After Stroke Service (LAS): 01524 69697

South Cumbria

 Communication Support Service: 01524 69672

 Kendal Speakability Group: 01539 721 017

 Stroke Recovery Service: 07739 746099

West Lancashire

 0303 3033 100

Find out more here:

 www.stroke.org.uk

 [We are the Stroke Association booklet](#)

 Helpline: 0303 3033 100

 Textphone: 18001 0303 3033 100

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Information to try and help prevent an initial stroke, or further strokes from happening

Unfortunately a stroke or a mini-stroke also known as a transient ischaemic attack (TIA) could happen to anyone at anytime, but there are things we can do to reduce the risk of stroke and transient ischaemic attack (TIA) and improve our health in general.

Some risk factors you can't change, for example your age, your ethnicity, your family history and genetic conditions.

Certain medical conditions can increase your risk of stroke which include high blood pressure, diabetes, atrial fibrillation (AF), and high cholesterol.

The way we live has a big impact on our risk of stroke. Things like smoking, drinking too much alcohol, being overweight and eating unhealthy foods can damage your blood vessels, increase your blood pressure and make your blood more likely to clot.

There are lots of simple changes you can make to your lifestyle that can reduce your risk of stroke.

There is also stroke prevention information in an **easy read** version:

 [Preventing first or further stroke - easy read version](#)





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Understanding blood pressure

Blood pressure is a measure of the force that your heart uses to pump blood around your body. High blood pressure usually causes no symptoms, so it's possible to have high blood pressure without knowing it.

High blood pressure is often, but not exclusively, related to unhealthy lifestyle habits, such as smoking, drinking too much alcohol, being overweight and not exercising enough.

Left untreated, high blood pressure can increase your risk of stroke and developing a number of serious long-term health conditions, such as coronary heart disease and kidney disease.

The normal or ideal adult blood pressure is considered to be less than 120/80mmHg. High blood pressure is considered to be if it is consistently higher than 140/90mmHg.

You can have a blood pressure check at the GP surgery and some pharmacies offer this service too. Some people choose to self monitor their blood pressure (see the next section on **Blood pressure monitors**) GP surgeries can also offer advice around the diagnosis and management of high blood pressure.

To find the contact details for pharmacies near you, please use the following link:

 www.nhs.uk/Service-Search/Pharmacy/LocationSearch/10

 **Read further information and resources on 'Understanding blood pressure'**





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Further information and resources

NHS Choices is the UK's biggest health website:

 www.nhs.uk/chq/Pages/what-is-blood-pressure.aspx

 www.nhs.uk/Tools/Pages/blood-pressure.aspx

 [www.nhs.uk/Conditions/Blood-pressure-\(high\)/Pages/Prevention.aspx](http://www.nhs.uk/Conditions/Blood-pressure-(high)/Pages/Prevention.aspx)

 www.nhs.uk/conditions/blood-pressure-test/Pages/Introduction.aspx

 [www.nhs.uk/conditions/blood-pressure-\(high\)/pages/introduction.aspx](http://www.nhs.uk/conditions/blood-pressure-(high)/pages/introduction.aspx)

Blood Pressure UK is the only charity solely dedicated to lowering the nation's blood pressure to prevent disability and death from stroke and heart disease:

 www.bloodpressureuk.org

BPASSOC.org.uk, is a UK information resource on high blood pressure or hypertension:

 www.bpassoc.org.uk

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke:

 [Stroke Association's high blood pressure booklet](#)

 www.stroke.org.uk/what-stroke/are-you-risk-stroke/high-blood-pressure

To order a free blood pressure information pack from the Stroke Association to find out more about the link between high blood pressure and stroke, tips about how to maintain a healthy blood pressure, and how and where to get your blood pressure checked, click below:

 www.stroke.org.uk/webform/download-your-blood-pressure-information-pack

The Royal College of Physicians produces a National Clinical Guideline for Stroke every four years.

It covers the whole stroke pathway from emergency hospital treatment through to long term rehabilitation and how to prevent further strokes including information on blood pressure control:

 www.strokeaudit.org/Guideline/Patient-Guideline.aspx



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Blood pressure monitors

Blood pressure tests can be carried out at home using your own digital blood pressure monitor.

This can give a better reflection of your blood pressure and it can also allow you to monitor your condition more easily in the long term.

You can buy a variety of low-cost monitors so you can test your blood pressure at home or while you're out and about. Some local pharmacies also offer a blood pressure check service.

It's important to make sure you use equipment that has been properly tested. The British Hypertension Society (BHS) has information about validated blood pressure monitors that are available to buy:

 bhsoc.org//index.php?cID=246

Excel template for self monitoring of blood pressure

Microsoft Excel 2010 and later versions have a blood pressure monitoring sample template.

To find it, open Microsoft Excel 2010, click **File**, then click **New**, then **Sample templates**. The file name is 'Blood Pressure Tracker'.





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Health Checks

NHS Health Checks are free and available to people aged 40-74

The checks provide an opportunity to spot early signs of long term illnesses and possible risk factors for stroke and help prevent them happening.

To find out more about health checks, click below:

 www.nhs.uk/Conditions/nhs-health-check/Pages/NHS-Health-Check.aspx

Health Checks in pharmacies

Some local pharmacies also offer health checks such as blood pressure, pulse and cholesterol tests and can offer advice around healthier lifestyles.

To find the contact details for pharmacies near you, please use the following link:

 www.nhs.uk/Service-Search/Pharmacy/LocationSearch/10





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Ethnicity

Studies show that stroke can be more prevalent in some ethnic backgrounds than others.

For example people of African or Caribbean origin can be more likely to have a stroke, and at a younger age, than some other ethnic backgrounds. The reasons for this are complex and not completely understood.

For more information, please click on the link below:

 [Stroke Association's Reducing your risk of stroke: information for black African and black Caribbean people booklet](#)

The British Heart Foundation is the nation's heart charity and the largest independent funder of cardiovascular research:

 www.bhf.org.uk/heart-health/preventing-heart-disease/your-ethnicity-and-heart-disease

 www.bhf.org.uk/heart-matters-magazine/medical/south-asian-background





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Understanding cholesterol

Cholesterol is a fatty substance that is found in our blood and is vital for the normal functioning of the body.

It is mainly made by the liver, but can also be found in some foods.

Having an excessively high level of cholesterol in our blood can have an effect on our health. High cholesterol itself doesn't usually cause any symptoms, but it increases our risk of serious health conditions such as:

- ✿ narrowing of the arteries (atherosclerosis)
- ✿ heart attack
- ✿ stroke
- ✿ 'mini stroke' often known as a transient ischaemic attack (TIA)
- ✿ peripheral arterial disease (PAD)

A high level of cholesterol is harmful as it can build up in the artery wall, restricting the blood flow to the heart, brain and the rest of the body. It also increases the risk of a blood clot developing somewhere in the body.

The amount of cholesterol in the blood can be measured with a blood test. You can ask your GP surgery for information around a cholesterol test. Some local pharmacies also offer cholesterol tests.

If you are diagnosed with a high cholesterol level, there are changes you can make to your diet and increase your level of exercise.

Your GP practice can also advise you on the best options for reducing this.

To find the contact details for pharmacies near you, please use the following link:

 www.nhs.uk/Service-Search/Pharmacy/LocationSearch/10

Reducing your cholesterol level can reduce your risk of stroke.

 **Read further information and resources on 'Understanding cholesterol'**





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Understanding cholesterol

Further information and resources

NHS Choices is the UK's biggest health website:

 www.nhs.uk/conditions/Cholesterol/Pages/Introduction.aspx

 www.nhs.uk/Conditions/Cholesterol/Pages/Prevention.aspx

 www.nhs.uk/Conditions/Cholesterol/Pages/Treatment.aspx

 www.nhs.uk/livewell/healthyhearts/pages/cholesterol.aspx

Change for Life - tips to cut back on saturated fat:

 www.nhs.uk/Change4Life/Pages/cut-back-on-fat.aspx

HEART UK - The cholesterol charity, provides support, guidance and education services to healthcare professionals and people and families with concerns about cholesterol:

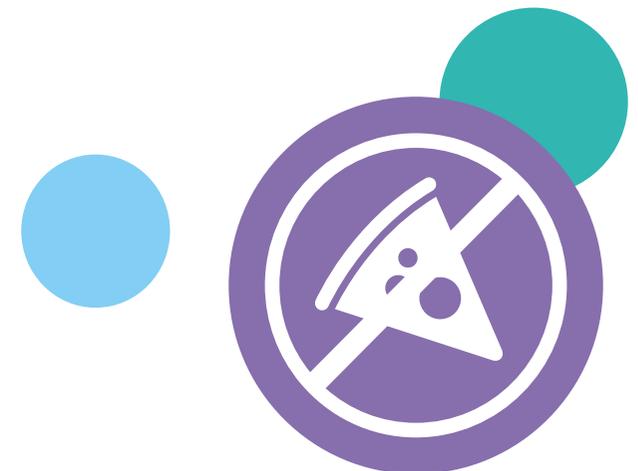
 heartuk.org.uk/health-and-high-cholesterol/cholesterol-tests---know-your-number

The Royal College of Physicians produces a National Clinical Guideline for Stroke every four years.

It covers the whole stroke pathway from emergency hospital treatment through to long term rehabilitation and how to prevent further strokes including information on cholesterol.

The recommendations set standards for what should be provided by professionals and managers for patients and their carers when someone has had a stroke or transient ischaemic attack. The recommendations are based on the best current research evidence.

 www.strokeaudit.org/Guideline/Patient-Guideline.aspx





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Medication

"Stroke survivors and carers want to be fully informed about the medication they have been given and the reasons for taking it. There is a definite need for help to use medication correctly and understand the contribution it is making to their recovery/wellbeing. Dedicated time to explain what the medication is/does is valuable along with including the family/carer in these conversations." Carer

It is important that questions relating to your medication are directed to appropriately qualified people, for example, your GP, pharmacist, hospital consultant etc.

If you are prescribed a medicine to treat a long-term condition for the first time, you may be able to get extra help and advice about your medicine from your local pharmacist through a free scheme called the New Medicine Service (NMS).

People often have problems when they start a new medicine. As part of the scheme, the pharmacist will support you over several weeks to use the medicine safely and to best effect. For more information please use the following link:

 www.nhs.uk/NHSEngland/AboutNHSservices/pharmacists/Pages/medicine-service-qa.aspx

The documents below provide general information about medication that could be used following a stroke to prevent a further one.

To find the contact details for pharmacies near you, please use the following link:

 www.nhs.uk/Service-Search/Pharmacy/LocationSearch/10

The documents and link below provide general information about medication that could be used following a stroke to prevent a further one.

 [Stroke Association's high blood pressure booklet](#)

 [Stroke Association's blood thinning medication after stroke booklet](#)

 www.nhs.uk/Conditions/Stroke/Pages/treatment.aspx

 [Read further information and resources on 'Medication'](#)



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Medication

Further information and resources

For information on different types of medication, please see the following links:

Anticoagulants:

 www.nhs.uk/conditions/Anticoagulant-medicines/Pages/Introduction.aspx

 patient.info/health/anticoagulants

 patient.info/health/preventing-stroke-when-you-have-atrial-fibrillation

Warfarin:

 www.bhf.org.uk/heart-matters-magazine/medical/drug-cabinet/warfarin

 patient.info/medicine/warfarin-an-anticoagulant-marevan

Novel anticoagulants (NOACs):

 www.bhf.org.uk/heart-matters-magazine/medical/drug-cabinet/novel-anticoagulants

Antiplatelets:

 www.bhf.org.uk/heart-matters-magazine/medical/drug-cabinet/antiplatelets

 patient.info/doctor/antiplatelet-drugs

 www.nhs.uk/conditions/anti-platelets-clopidogrel/Pages/Introduction.aspx

High blood pressure tablets:

 patient.info/health/medicines-for-high-blood-pressure

 www.bloodpressureuk.org/BloodPressureandyou/Medicines/Medicinetypes

 [www.nhs.uk/Conditions/Blood-pressure-\(high\)/Pages/Treatment.aspx](http://www.nhs.uk/Conditions/Blood-pressure-(high)/Pages/Treatment.aspx)

Statins:

 patient.info/health/statins-and-other-lipid-lowering-medicines

 www.nhs.uk/conditions/Cholesterol-lowering-medicines-statins/Pages/Introduction.aspx

 www.bhf.org.uk/heart-health/treatments/statins

 heartuk.org.uk/statins-and-tratments/understanding-statins



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Diet

Eating a healthy, balanced diet is an important part of maintaining good health, and can help you feel your best.

This means eating a wide variety of foods in the right proportions, and consuming the right amount of food and drink to achieve and maintain a healthy body weight.

A healthy diet can also help reduce your risk of heart disease, diabetes, cancer, stroke or transient ischaemic attack (TIA).

Many strokes can be prevented and healthy eating is one important way to reduce your risk. Having too much fat, **salt** and sugar in your diet can increase your risk.

Making small changes to your eating habits can make a difference to your overall health, particularly if you have been told that you are at risk of having a stroke or transient ischaemic attack (TIA).

> Read further information and resources on 'Diet'





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Diet

Further information and resources

The Eatwell Guide shows how we can try to have a healthy, balanced diet:

 www.nhs.uk/Livewell/Goodfood/Pages/the-eatwell-guide.aspx

Healthy eating:

 [Stroke Association's healthy eating and stroke booklet](#)

 [Public Health England's "One You" campaign: www.nhs.uk/oneyou/eating#fVLM30zrrkaY8qc8.97](#)

Change for Life:

 www.nhs.uk/Change4Life/Pages/healthy-eating.aspx

Meal planning:

 www.nhs.uk/Change4Life/Pages/meal-planner-recipe-finder.aspx

Healthier eating on a budget:

 www.nhs.uk/Livewell/eat4cheap/Pages/cheap-food-shopping.aspx

 www.bhf.org.uk/heart-health/preventing-heart-disease/healthy-eating/healthy-eating-on-a-budget

 www.bhf.org.uk/heart-matters-magazine/nutrition/eat-well-on-a-budget/sample-menus

 heartuk.org.uk/files/uploads/documents/huk_fs_s01_healthyeatingonabudget.pdf





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Understanding and reducing salt intake

Too much salt can raise your blood pressure, which means we are more at risk of getting heart disease or having a stroke.

Salt contains sodium which helps to keep your body fluids at the right level. If you have too much salt, the amount of liquid your body stores increases and this raises your blood pressure.

High blood pressure (hypertension) is the single biggest risk factor for stroke. By reducing the amount of salt you eat, you can lower your blood pressure and your risk of stroke.

The World Health Organisation recommends that adults should eat no more than 5g of salt a day. Some food labels have traffic light coloured labels to show the salt content.

- **Red** means this food is **HIGH** in salt.
- **Amber** means this food has a **MEDIUM** amount of salt.
- **Green** means it's **LOW** in salt, which makes it a healthier choice. Choose more greens and ambers, and fewer reds.

 [Read further information and resources on 'Understanding and reducing salt intake'](#)





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Understanding and reducing salt intake

Further information and resources

NHS Choices is the UK's biggest health website:

 www.nhs.uk/Livewell/Goodfood/Pages/cut-down-salt.aspx

 www.nhs.uk/chq/pages/1138.aspx?CategoryID=51

Change for Life:

 www.nhs.uk/Change4Life/Pages/avoid-salty-foods.aspx

British Journal of Renal Medicine:

 www.ouh.nhs.uk/oku/patient-advice/documents/salt-restriction.pdf

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke:

 [Stroke Association's healthy eating and stroke](#)





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Exercise

Regular, suitable exercise improves our health and wellbeing and can help to prevent stroke and other long term conditions.

Your local sports centre or community centre may be a good starting point for information about the variety of exercise classes/courses that are available. See also:

 www.nhs.uk/livewell/c25k/pages/couch-to-5k.aspx

 www.parkrun.org.uk

Change for Life activity finder:

 www.nhs.uk/Change4Life/Pages/local-change-for-life-activities.aspx

 **Public Health England's "One You" campaign:**
www.nhs.uk/oneyou/eating#fVLM30zrrkaY8qc8.97

This Girl Can is a National Lottery funded campaign to help women overcome the fear of judgement that could stop them from joining in sports activities:

 www.thisgirlcan.co.uk/activities

Lancashire Sport Partnership aims to enable 55,000 people to be active by 2017, the activities they offer can be found by clicking below or calling:

 01772 299 830

 www.lancshiresport.org.uk/activities

Active Cumbria also aims to help more people participate in sport and physical activity. Their contact number is

 01228 226 885 and their e-mail address is

 feedback@activecumbria.org





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Exercise following a stroke

If you have recently had a stroke, haven't been active for some time, or have a medical condition talk to your doctor or therapist about what is right for you.

There are lots of ways to be active, even if you find it difficult to move around.

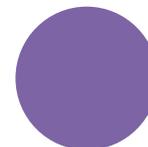
There are also many benefits to be gained from exercising as not only can physical health improve but also mental health, confidence and social interaction too.

For somebody with a disability/limited mobility or who experiences fatigue, exercise programmes may need to be more tailor made so that they really meet the needs of the individual and their abilities.

The Stroke Association has produced a directory of local services that includes contact details for services that can offer advice around exercise and leisure, in addition to communication, emotional support, family and carer support, peer support, transport and work, volunteering and learning:

 [Lancashire and South Cumbria directory of stroke services](#)

 [Read further information and resources on 'Exercise following a stroke'](#)





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Exercise following a stroke

Further information and resources

A Stroke Association Co-ordinator may be able to advise you of where and when suitable exercise classes are taking place e.g. seated exercise:

- ☎ **East Lancs Information, Advice & Support Service (IAS):** 01282 691 262
- ☎ **Blackburn with Darwen Information, Advice & Support Service (IAS):** 01254 367 431 / 01254 367 432
- ☎ **North Lancs Life After Stroke Service (LAS):** 01524 69697
- ☎ **Blackpool Life After Stroke Service (LAS):** 01253 762 665
- ☎ **Fylde & Wyre Life After Stroke Service (LAS):** 01253 762 665
- ☎ **Central Lancs Life After Stroke Service (LAS):** 01772 651 927
- ☎ **South Cumbria Stroke Recovery Service:** 07739 746 099
- ☎ **West Lancs**
Please use the Stroke Association national helpline 0303 3033 100

📄 www.stroke.org.uk/finding-support

There are also Stroke Association documents relating to stroke and exercise:

📄 [Stroke Association's exercise and stroke booklet](#)

The **Lancashire** Wellbeing Service is a free service offering practical, short-term support towards a better quality of life and wellbeing:

📄 www.lancswellbeing.co.uk/5-ways-to-wellbeing

The Wellbeing service for those who live in the **Blackburn with Darwen** Council area is provided by the Blackburn with Darwen Wellbeing Service:

📄 www.refreshbwd.com/change

In **Cumbria** there is a Health and Wellbeing Coaches service that offers support to individuals within the community to work at setting goals and to pursue their vision of a good life.

For more information please call the Adult Social Care team on

☎ 01228 221590 or 03000 133000.

Different Strokes empowers younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

📄 www.differentstrokes.co.uk/index.php/exercisegroups

For somebody with a disability/limited mobility or who experiences fatigue, exercise programmes may need to be more tailor made so that they really meet the needs of the individual and their abilities.

📄 [Brain and Spine Foundation Exercise for specific conditions](#)

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Smoking and stroke

Smoking significantly increases your risk of having a stroke.

This is because it narrows your arteries and makes your blood more likely to clot. Stopping smoking is important even after having had a stroke. Stop Smoking Services offer a range of different cigarette replacement options and these can also be discussed with a GP or practice nurse.

To find your local Stop Smoking Service call the NHS Smokefree Helpline on:

 0800 022 4332

or visit:

 www.smokefree.nhs.uk

The NHS Smoking Helpline can offer advice and encouragement to help you quit smoking. You can call on:

 0300 123 1044

For more information around ways to quit smoking there is also:

 www.nhs.uk/livewell/smoking/Pages/stopsmokingnewhome.aspx

 www.nhs.uk/Livewell/smoking/Pages/NHS-stop-smoking-adviser.aspx

Public Health England's "One You" campaign provides information around the effects of smoking and quitting smoking:

 <https://www.nhs.uk/oneyou/smoking#kWbTbDsi0yuQ5CXI.97>





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Alcohol and stroke

Excessive alcohol consumption can lead to high blood pressure and trigger irregular heartbeat (atrial fibrillation), both of which can increase your risk of having a stroke.

It's a good idea to keep an eye on how much alcohol we drink. With so many different drinks and glass sizes, from shots to pints to bottles – it's easy to get confused about how many units are in a drink. The number of units in a drink is based on the size of the drink, as well as its alcohol strength.

Because alcoholic drinks are high in calories they also cause weight gain. Heavy drinking multiplies the risk of stroke by more than three times.

www.stroke.org.uk/what-stroke/reduce-your-risk/drink-less-alcohol

[Stroke Association's Alcohol and stroke booklet](#)

www.nhs.uk/Conditions/Stroke/Pages/Prevention.aspx

General health information in relation to alcohol:

www.nhs.uk/livewell/alcohol/Pages/Alcoholhome.aspx

www.nhs.uk/Change4Life/Pages/cutting-down-alcohol.aspx

Alcohol units and guidelines:

www.nhs.uk/Change4Life/Pages/alcohol-lower-risk-guidelines-units.aspx

www.drinkaware.co.uk/alcohol-facts/alcoholic-drinks-units/alcohol-limits-unit-guidelines

Public Health England's "One You" campaign provides information around alcohol:

<https://www.nhs.uk/oneyou/drinking#UHzvukpVrHK3Zgoj.97>





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Long term conditions and stroke

A number of medical problems can increase the risk of having a stroke. Your GP can test you for these conditions and give you advice on how to manage them.

A long-term condition is an illness that cannot be cured but can usually be managed with medicines or other treatments. Examples of long-term conditions include arthritis, asthma, diabetes, epilepsy, angina, heart failure, and high blood pressure (hypertension).

Untreated high blood pressure is the biggest single risk factor for stroke (see [Understanding blood pressure](#)). The right medication and lifestyle changes can help to reduce this risk.

 **Read further information and resources on 'Long term conditions and stroke'**





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Long term conditions and stroke

Further information and resources

Information on long term conditions:

-  www.stroke.org.uk/what-stroke/reduce-your-risk/manage-your-medical-conditions
-  patient.info/health/living-with-a-long-term-condition
-  www.nhs.uk/Tools/Pages/Longterm.aspx

The following links provide information around an irregular pulse, also known as atrial fibrillation (AF), carotid artery disease and diabetes:

Atrial Fibrillation (AF):

-  www.stroke.org.uk/take-action/atrial-fibrillation-af
-  [Stroke Association's Atrial fibrillation and stroke booklet](#)

See also the [What is atrial fibrillation \(AF\)?](#).

Carotid artery disease:

-  [Stroke Association's Carotid artery disease booklet](#)
-  www.bhf.org.uk/heart-matters-magazine/medical/stroke-and-carotid-artery-disease

Diabetes:

-  [Stroke Association's diabetes and stroke booklet](#)
-  www.nhs.uk/Conditions/Diabetes/Pages/Diabetes.aspx
-  patient.info/search.asp?searchterm=diabetes&searchcoll=All
-  www.diabetes.org.uk/Guide-to-diabetes/Complications/Cardiovascular_disease/
-  <https://www.nhs.uk/oneyou/diabetes#GbSjLazouO5B5YdR.97>

The Royal College of Physicians produces a National Clinical Guideline for Stroke every four years.

It covers the whole stroke pathway from emergency hospital treatment through to long term rehabilitation and how to prevent further strokes.

The recommendations set standards for what should be provided by professionals and managers for patients and their carers when someone has had a stroke or transient ischaemic attack. The recommendations are based on the best current research evidence.

-  www.strokeaudit.org/Guideline/Patient-Guideline.aspx



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General stroke prevention information

What you can do to prevent a stroke - STRIKE

ST - Stay aware of the signs and symptoms of stroke/mini stroke (TIA) and what to do if they occur.

RI - Risk factors increase your chances of a stroke. Be aware of them:

- High blood pressure
- Irregular heartbeat/rhythm
- High cholesterol
- Family history
- Diabetes
- Other long-term health conditions

K - Know your numbers; know your pulse: have regular checks of your blood pressure and heart beat/rhythm.

E - Ensure you maintain a healthy lifestyle:

- Eat a healthy, balanced diet
- Be active
- Don't smoke
- Avoid drinking too much alcohol

For general information around preventing strokes, please use the following links:

NHS Choices is the UK's biggest health website:

 www.nhs.uk/Conditions/Stroke/Pages/Prevention.aspx

The Stroke Association provides information around how to prevent a stroke and how to reduce key risk factors:

 [How to prevent a stroke booklet](#)

 www.stroke.org.uk/what-stroke/are-you-risk-stroke

 www.stroke.org.uk/what-stroke/what-can-i-do-reduce-my-risk?gclid=CMODoqT4ltACFWgq0wodw0QI3w

Stroke Ambassadors

The Stroke Association provide numerous opportunities for volunteering. One volunteering opportunity is the role of a Stroke Ambassador. Stroke Ambassadors are trained to help to raise awareness of stroke, stroke prevention and the Stroke Association in their local community. You may be interested in becoming a Stroke Ambassador yourself or inviting a Stroke Ambassador to attend a group you are involved with to share the prevention and awareness messages. More information can be found here:

 www.stroke.org.uk/take-action/volunteering/what-roles-are-there



Time in hospital

"Information about the kind of stroke should be given face to face at the earliest opportunity, for example, at A&E. The personal approach is very important at this stage due to the emotional aspect for the patient and their family/carer. The information should then be provided again, if appropriate, at the first ward round. Leaflets are also a useful resource for general information around stroke, especially for the family/carer to have information to take away to support the initial face to face conversations."

Stroke Ward Nurse

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Understanding what kind of stroke someone has had

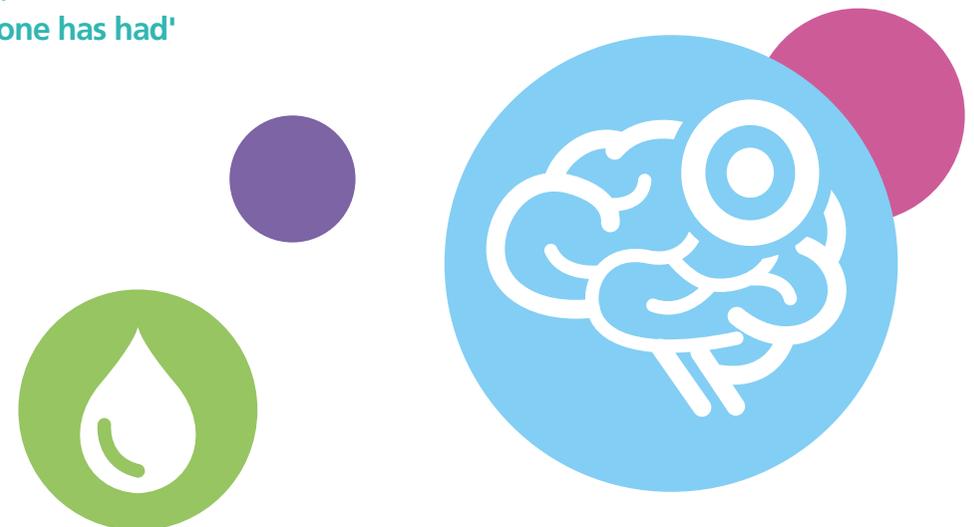
A stroke is a brain attack. It happens when the blood supply to part of your brain is cut off or there is a bleed around the brain.

Blood carries essential nutrients and oxygen to your brain. Without blood your brain cells can be damaged or die. This damage can have different effects, depending on where it happens in your brain. A stroke can affect the way your body works as well as how you think, feel and communicate.

Most strokes are caused by a blockage cutting off the blood supply to the brain. This is an ischaemic stroke.

However, strokes can also be caused by a bleeding in or around the brain. This is a haemorrhagic stroke.

> [Read further information and resources on 'Understanding what kind of stroke someone has had'](#)





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Understanding what kind of stroke someone has had

Further information and resources

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke:

- www.stroke.org.uk/what-stroke/what-stroke
- www.stroke.org.uk/what-stroke/what-stroke/ischaemic-stroke
- www.stroke.org.uk/what-stroke/what-stroke/haemorrhagic-stroke
- [Stroke Association's What is a stroke? booklet](#)
- [Stroke Association's All about stroke: information for children \(aged 9+\) booklet](#)
- [Stroke Association's Ischaemic stroke booklet](#)
- [Stroke Association's ischaemic stroke large print booklet](#)
- [Stroke Association's Bleeding in the brain - haemorrhagic stroke booklet](#)
- [Stroke Association's bleeding in the brain haemorrhagic stroke large print booklet](#)

NHS Choices is the UK's biggest health website:

- www.nhs.uk/Conditions/Stroke/Pages/Whosatriskpage.aspx

The Brain & Spine Foundation is the only UK wide neurology charity offering specialised and expert support to people affected by neurological problems:

- www.brainandspine.org.uk/stroke
- [Brain and Spine Foundation Stroke fact sheet](#)

Different Strokes empowers younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

- www.differentstrokes.co.uk/index.php/what-is-a-stroke

The British Heart Foundation is the nation's heart charity and the largest independent funder of cardiovascular research.

- www.bhf.org.uk/heart-health/conditions/stroke

Headway is the UK-wide charity that works to improve life after brain injury.

- www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/stroke



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What to expect during hospital stay

Having a stroke or mini-stroke (also known as a transient ischaemic attack or TIA) is a medical emergency and all parts of the health service must assess and treat a person who has had or suspected to have had a stroke with extreme urgency.

The focus of the time spent in hospital is getting the stroke survivor medically stable and fit enough to begin receiving therapy and start their recovery.

The links below provide information to help people to better understand what the person who has had the stroke could experience in terms of treatment and time scales etc. For specific information around a stroke survivor's diagnosis and treatment the ward staff would be best placed to provide this.

-  [Hospital Phase - easy read version](#)
-  [Rehabilitation - easy read version](#)
-  [Stroke Association's When a stroke happens booklet](#)
-  [Stroke Association's When a stroke happens large print booklet](#)

Different Strokes empowers younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

 [Different Strokes' Life After Stroke booklet](#)

The Royal College of Physicians produces a National Clinical Guideline for Stroke that covers the whole stroke pathway from emergency hospital treatment through to long term rehabilitation and how to prevent further strokes.

The recommendations set standards for what should be provided by professionals and managers for patients and their carers when someone has had a stroke or transient ischaemic attack. The recommendations are based on the best current research evidence.

 www.strokeaudit.org/Guideline/Patient-Guideline.aspx



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Understanding different health professionals' roles

Following a stroke, a stroke survivor may need help to regain their abilities and learn new skills.

This process is called rehabilitation, and different health professionals may be involved in offering support along the way. For more information on these health professionals' roles, please use the links below:

Occupational therapy

 [Stroke Association's Occupational therapy after stroke booklet](#)

 www.nhs.uk/Conditions/occupational-therapy/Pages/introduction.aspx

Physiotherapy

 [Stroke Association's Physiotherapy after stroke booklet](#)

 www.nhs.uk/Conditions/Physiotherapy/Pages/Introduction.aspx

Speech and Language Therapy

 [Stroke Association's Speech and language therapy booklet](#)

 www.nhs.uk/Conditions/Aphasia/Pages/Treatment.aspx

General rehabilitation information

 www.headway.org.uk/about-brain-injury/individuals/hospital-treatment-and-early-recovery/early-rehabilitation

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke. To find out more about the Stroke Association and your local service please see the

[What is the Stroke Association?](#) item in the [Understanding stroke related terms](#) section.





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Specialist interventions

Sometimes, following a stroke, specialist care and treatment is needed to further improve a patient's outcomes. Please see below links to further information on some of the specialist procedures.

Carotid endarterectomy is an operation to clear the blockages from inside an artery.

-  [Stroke Association's Carotid artery disease booklet](#)
-  www.nhs.uk/Conditions/Carotidendarterectomy/Pages/introduction.aspx

The use of 'clot-busting' medication is known as **thrombolysis**.

-  www.nhs.uk/Conditions/Stroke/Pages/treatment.aspx
-  www.stroke.org.uk/what-stroke/what-happens-when-you-have-stroke/going-hospital

Thrombectomy is a procedure that removes blood clots and helps restore blood flow to the brain.

-  www.nhs.uk/Conditions/Stroke/Pages/treatment.aspx

The links below provide general information on tests, scans, treatments etc.

-  www.headway.org.uk/about-brain-injury/individuals/types-of-brain-injury/stroke
-  www.brainandspine.org.uk/stroke
-  www.stroke.org.uk/what-stroke/what-happens-when-you-have-stroke/going-hospital
-  www.nhs.uk/Conditions/Stroke/Pages/treatment.aspx





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Going home from hospital

Recovery from a stroke isn't limited to the time spent in hospital. When the stroke survivor is ready to leave hospital, the stroke team will work with them to agree and arrange the support needed to continue their recovery at home.

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke:

www.stroke.org.uk/what-stroke/what-happens-when-you-have-stroke/going-home

NHS Choices is the UK's biggest health website:

www.nhs.uk/Conditions/Stroke/Pages/recovery.aspx

www.nhs.uk/Conditions/social-care-and-support-guide/Pages/hospital-discharge-care.aspx

The British Heart Foundation is nation's heart charity and the largest independent funder of cardiovascular research:

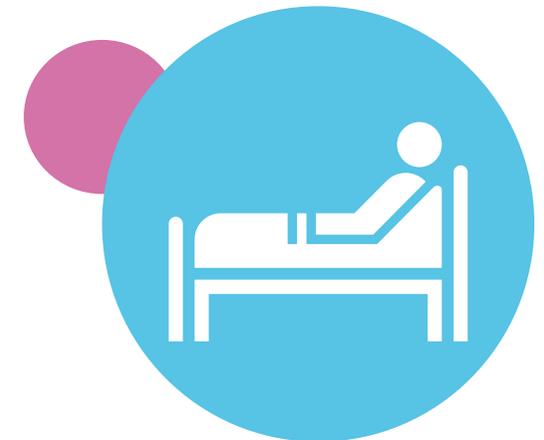
www.bhf.org.uk/heart-matters-magazine/my-story/life-after-stroke

Different Strokes empowers younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

[Life After Stroke booklet](#)

There is also rehabilitation information in an easy read version:

[Rehabilitation - easy read version](#)





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Common problems after stroke

A stroke affects different people in different ways. The following links provide information on some of the common problems and concerns following stroke including behavioural, communication, continence, pain, changes in relationships, tiredness and vision.

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke

www.stroke.org.uk/what-stroke/what-problems-do-people-have-after-stroke

Different Strokes empowers younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

www.differentstrokes.co.uk/content/helpingyou/adults/Infopack/2.%20Life%20After%20Stroke.pdf





Medication

"Stroke survivors and carers want to be fully informed about the medication they have been given and the reasons for taking it. There is a definite need for help to use medication correctly and understand the contribution it is making to their recovery/wellbeing. Dedicated time to explain what the medication is/does is valuable along with including the family/carer in these conversations." *Carer*

It is important that questions relating to your medication are directed to appropriately qualified people, for example, your GP, pharmacist, hospital consultant etc. The documents below provide general information about medication that could be used following a stroke to prevent a further one. Further information can be found in the [Medication](#) section under the [Preventing a first or further stroke](#) tab and using the link below:

 [Read further information and resources on 'Medication'](#)



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Further information and resources

NHS Choices is the UK's biggest health website:

 www.nhs.uk/Conditions/Stroke/Pages/treatment.aspx

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke:

-  [Stroke Association's high blood pressure booklet](#)
-  [Stroke Association's high blood pressure large print booklet](#)
-  [Stroke Association's blood-thinning medication after stroke booklet](#)
-  [Stroke Association's blood thinning medication after stroke large print booklet](#)

The Brain & Spine Foundation is the only UK wide neurology charity offering specialised and expert support to people affected by neurological problems:

 www.brainandspine.org.uk/stroke

The Royal College of Physicians produces a National Clinical Guideline for Stroke and it covers the whole stroke pathway from emergency hospital treatment through to long term rehabilitation and how to prevent further strokes, including medication.

 www.strokeaudit.org/Guideline/Patient-Guideline.aspx





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A stroke is sudden and shocking and can affect the way you feel and your emotions. No two strokes are the same and everyone's experience of stroke is different, but for many people it feels like they've lost the life they had before.

Mindsmatter is a service offered by Lancashire Care NHS Foundation Trust which provides talking therapies for adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression.

 www.lancashirecare.nhs.uk/Mindsmatter

You can contact your local Mindsmatter service directly with the following numbers:

 **Blackburn with Darwen:** 01254 226 037

 **Burnley:** 01282 657 268

 **Chorley and South Ribble:** 01772 644 519

 **Fylde and Wyre:** 01253 955 943

 **Hyndburn:** 01254 226 007

 **Lancaster and Morecambe:** 01524 550 552

 **Pendle:** 01282 657 927

 **Preston:** 01772 773 437

 **Ribble Valley:** 01200 420 499

 **Rosendale:** 01282 657 792

 **West Lancashire:** 01695 684 177

In **Blackpool** a free, NHS evidence-based talking therapy service for people 16 years old and over, who are feeling anxious and/or who have low mood is provided by Supporting Minds:

 www.bfwh.nhs.uk/our-services/community-services/supporting-minds

 01253 955 700

First Step is part of **Cumbria** Partnership NHS Foundation Trust and provides free, talking therapies to adults (18+) in Cumbria. First Step can help with a range of common mental health problems including mild to moderate depression, anxiety disorders (such as chronic worry, panic attacks, health anxiety and obsessions), mild bulimia, anger or sleep problems.

 0300 123 9122  ncm-tr.firststep@nhs.net

 [Read further information and resources on 'Emotional wellbeing following a stroke'](#)



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Lancashire Women's Centres provide a Community Wellbeing Service for men and women which includes one to one therapy and support groups and talking therapies for the treatment of anxiety and depression:

 01254 583 032

 0808 280 3160 Freephone

 enquiries@womenscentre.org

 www.womenscentre.org

Barrow Women's Community Matters can provide one to one tailored support to women only on a range of matters, including mental wellbeing.

 01229 311 102

 reception@womenscommunitymatters.org

The **Stroke Association** is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke:

 [Stroke Association's Complete guide to emotional changes after stroke booklet](#)

 [Stroke Association's Complete guide to emotional changes after stroke large print booklet](#)

 [Stroke Association's Depression and other emotional changes booklet](#)

 [Stroke Association's Depression and other emotional changes booklet large print](#)

Different Strokes empowers younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support:

 [Different Stroke's The Invisible Side of Stroke booklet](#)

The **Brain & Spine Foundation** is the only UK wide neurology charity offering specialised and expert support to people affected by neurological problems:

 www.brainandspine.org.uk/living-with-a-neurological-condition

The mental health charity **Mind**, provide advice and support to empower anyone experiencing a mental health problem, including, stress, depression, sleep problems etc.

 0300 123 3393 (open 9am to 6pm, Monday to Friday)

 Text: 86463

 info@mind.org.uk

 www.mind.org.uk/



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Carers

A Carer is someone who provides unpaid support to family or friends who could not manage without this support. When someone close to you has had a stroke, they may need ongoing help and support after they return home from hospital and therefore you may find yourself in a Carer's role.

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke. They also host regular group meetings for stroke survivors and their family/carers for both social and information sharing purposes. For details of your local Stroke Association and the services it offers please see the [Stroke Association](#) section.

> [Read further information and resources on 'Carers'](#)



"Family and Carers need to be included in all discussions, where possible and appropriate, where information is given. This will help the Carer's understanding and their confidence to support the stroke survivor as well as possible, especially if their cognitive ability is affected."

Carer



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Further information and resources

The [Stroke Association directory](#) of local services may be useful for when stroke survivors have been discharged from community stroke/rehab teams:

-  [Lancashire and South Cumbria directory of stroke services](#)
-  [Stroke Association's A Carer's guide booklet](#)
-  [Stroke Association's A Carer's guide large print booklet](#)
-  www.stroke.org.uk/finding-support/otherorganisations-can-help/support-carers
-  www.nhs.uk/Conditions/social-care-and-support-guide/Pages/what-is-social-care.aspx
-  www.nhs.uk/conditions/social-care-and-supportguide/pages/communication-problems-carers.aspx
-  [Caring for Somebody after a Stroke](#)

Support Organisations for Carers

There are services devoted to the needs of Carers and who can provide information and support across Lancashire:

Blackburn with Darwen Carers Service

-  01254 688 440
-  office@bwdcarers.org.uk
-  www.bwdcarers.org.uk

Blackpool Carers Trust

-  01253 393 748 or text: 07961 586 703
-  admin@blackpoolcarers.org
-  www.blackpoolcarers.org

Chorley & South Ribble, Preston, Fylde & Wyre, North & West Lancashire - n compass Carers' Support

-  03450 138 208
-  admin@ncompassnorthwest.co.uk
-  ncompassnorthwest.co.uk/what-we-do/carers-support

East Lancashire - Carers Link Lancashire

-  0345 688 7113
-  info@carerslinklancashire.co.uk
-  www.carerslinklancashire.co.uk

South Lakeland Carers

-  01539 815 970
-  admin@slcarers.org.uk

Carers' Support West Lancashire

-  01695 733 737
-  carers@wlcvs.org
-  <http://www.wlcvs.org/carers-health-education-awareness/>



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Survivorship

The "Survivorship" phase is focused on helping someone's recovery following a stroke. This may be in terms of helping the stroke survivor and their family and carers to adapt to change, to improve their quality of life and/or work towards and achieving any goals they may have.

People can be affected very differently by stroke both physically and emotionally. Due to the very individual nature of people's recovery and what their aspirations are, bespoke and tailored information may be needed.

The Stroke Association and the Lancashire Wellbeing Service both offer services which offer some one to one time to work through what stroke survivors need to aid their recovery.

“Despite how life changing and depressing a stroke can be, a positive attitude and support from friends and a good social network is key to recovery.”

Stroke Survivor

Other organisations, for example Headway and Different Strokes, also offer a large range of information to support stroke survivors and their families and there are also social network, peer to peer support options where people can share their experiences of conditions, symptoms, treatments, and health services.

This Survivorship section contains links to organisations who provide information on a whole host of stroke survivor related information from benefits and financial assistance, balance and communication problems and the emotional impact of stroke to thinking about driving again or returning to work and going on holiday.

There is also survivorship information in an easy read version:

 [Survivorship - easy read version](#)





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You can contact your local Mindsmatter service directly with the following numbers:

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 **Preston:** 01772 773 437

 **Ribble Valley:** 01200 420 499

 **Rosendale:** 01282 657792

 **West Lancashire:** 01695 684177

In **Blackpool** a free, NHS evidence-based talking therapy service for people 16 years old and over, who are feeling anxious and/or who have low mood is provided by Supporting Minds:

 www.bfwh.nhs.uk/our-services/community-services/supporting-minds

 01253 955 700

First Step is part of **Cumbria** Partnership NHS Foundation Trust and provides free, talking therapies to adults (18+) in Cumbria. First Step can help with a range of common mental health problems including mild to moderate depression, anxiety disorders (such as chronic worry, panic attacks, health anxiety and obsessions), mild bulimia, anger or sleep problems.

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☎ 01254 583 032

☎ 0808 280 3160 Freephone

✉ enquiries@womenscentre.org

🌐 www.womenscentre.org

Barrow Women's Community Matters can provide one to one tailored support to women only on a range of matters, including mental wellbeing.

☎ 01229 311 102

✉ reception@womenscommunitymatters.org

The **Stroke Association** is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke:

📖 [Stroke Association's Complete guide to emotional changes after stroke booklet](#)

📖 [Stroke Association's Complete guide to emotional changes after stroke large print booklet](#)

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🌐 www.brainandspine.org.uk/living-with-a-neurological-condition

The mental health charity **Mind**, provide advice and support to empower anyone experiencing a mental health problem, including, stress, depression, sleep problems etc.

☎ 0300 123 3393 (open 9am to 6pm, Monday to Friday)

☎ Text: 86463

✉ info@mind.org.uk

🌐 www.mind.org.uk/



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Age Concern and Age UK

Age Concern and Age UK provide a wide range of services for older people to meet the needs identified by older people and their carers and help everyone make the most of later life.

Age Concern covers the Central Lancashire area:

www.55plus.org.uk/ageconcern

01772 552 850

help@55plus.org.uk

Age UK covers all areas in Lancashire except Central Lancashire:

www.ageuk.org.uk/about-us/what-we-do

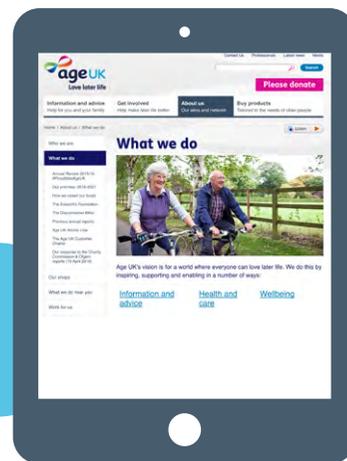
For information and advice, call:

0800 678 1174

For all other enquiries, call:

0800 169 8787

Please note that Age Concern and Age UK are separate charities.





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Wellbeing Services

Wellbeing Services offer free, practical, short-term support towards a better quality of life and wellbeing.

The **Lancashire** Wellbeing Service helps people, aged 18 and over, to deal with the causes that can affect their health and wellbeing.

They offer a non-clinical service to improve individuals' independence and quality of life. Through a team of wellbeing workers, the individual is encouraged to set themselves realistic, achievable goals and take practical steps to improve their happiness and health.

www.lancswellbeing.co.uk

There is an example of how a stroke survivor used the Lancashire Wellbeing Service to support their recovery:

lancswellbeing.wixsite.com/lws2016/charlotte-s-story

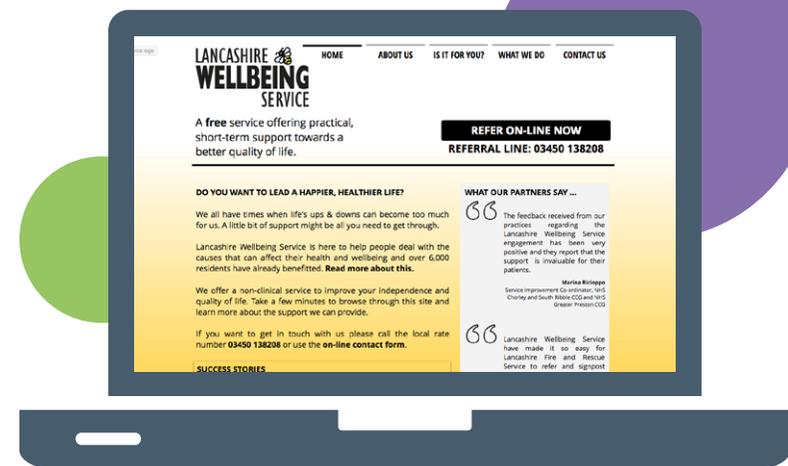
The Wellbeing service for those who live in the **Blackburn with Darwen** Council area is provided by the Blackburn with Darwen Wellbeing Service:

www.refreshbwd.com/change

In **Cumbria** there is a Health and Wellbeing Coaches service that offers support to individuals within the community to work at setting goals and to pursue their vision of a good life.

For more information please call the Adult Social Care team on

01228 221 590 or 03000 133 000.





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Stroke Association

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke.

They run local support groups and offer a wide range of activities for life after stroke e.g. communication support groups, Carers' groups, social groups, stroke related presentations, walking and bowling etc.

Stroke Association Co-ordinators can also support people to get the help and information they need. To find out what services the Stroke Association provides near where you live, click below or use the following telephone numbers:

Blackburn with Darwen

-  Information, Advice & Support Service (IAS): 01254 367 431 or 01254 367 432
-  Communication Support Service (CS): 01254 367 430

Blackpool

-  Life After Stroke Service (LAS): 01253 762 665

Central Lancashire

-  Life After Stroke Service (LAS): 01772 651 927

East Lancs

-  Information, Advice & Support Service (IAS): 01282 691 262
-  Communication Support Service (CS): 01282 693 333

Fylde & Wyre

-  Life After Stroke Service (LAS): 01253 762 665

North Lancashire, Morecambe Bay

-  Life After Stroke Service (LAS): 01524 69697

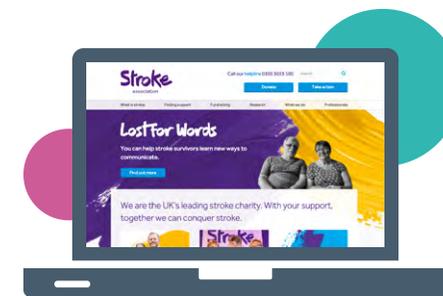
South Cumbria

-  Communication Support Service: 01524 69672
-  Kendal Speakability Group: 01539 721 017
-  Stroke Recovery Service: 07739 746 099

West Lancashire

-  0303 3033 100

-  [Read further information and resources on 'Stroke Association'](#)





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Stroke Association

Further information and resources

The Stroke Association can provide information around many aspects of stroke that may be of interest to a stroke survivor and their family/carers. The topics covered are very varied and include information around communication problems, swallowing problems, accommodation, benefits and finance, preventing a further stroke and returning to work, starting to drive again etc.

The 'Life After Stroke' booklet provides general information on the people and services that may be useful during a stroke survivor's recovery:

 [Stroke Association's Life after stroke booklet](#)

 [Stroke Association's Life after stroke large print](#)

To find out more please use the following link or contact details:

 www.stroke.org.uk

 0303 303 3100

 info@stroke.org.uk





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Stroke Association's directory of local services

The Stroke Association is a UK charity who offer a variety of support and information services for people who have experienced a stroke and anyone who has been affected by somebody having a stroke.

They have produced a directory of local services that may be useful for stroke survivors after they have been discharged from community stroke/rehabilitation teams and for anyone who supports them.

The directory includes contact details for services that can offer advice around communication, emotional support, exercise and leisure, family and carer support, peer support, transport and work, volunteering and learning.

 [Lancashire and South Cumbria directory of stroke services](#)





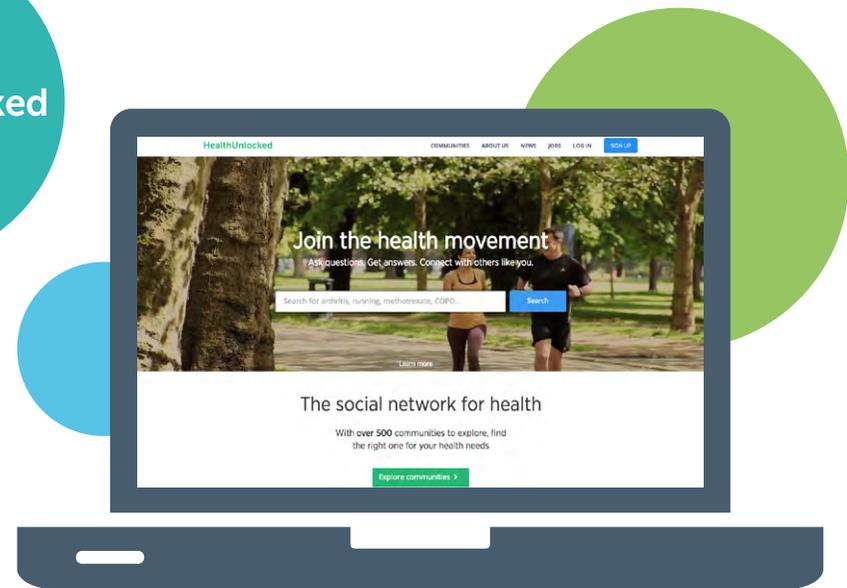
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HealthUnlocked

HealthUnlocked is a social network for health. The idea is that by finding others with similar health backgrounds people can take on day to day health concerns together.

It provides a peer-to-peer support network for patients, caregivers and health advocates to connect safely online with guidance from credible organisations and institutions. They talk about their experiences of conditions, symptoms, treatments, and health services.

 healthunlocked.com/#about





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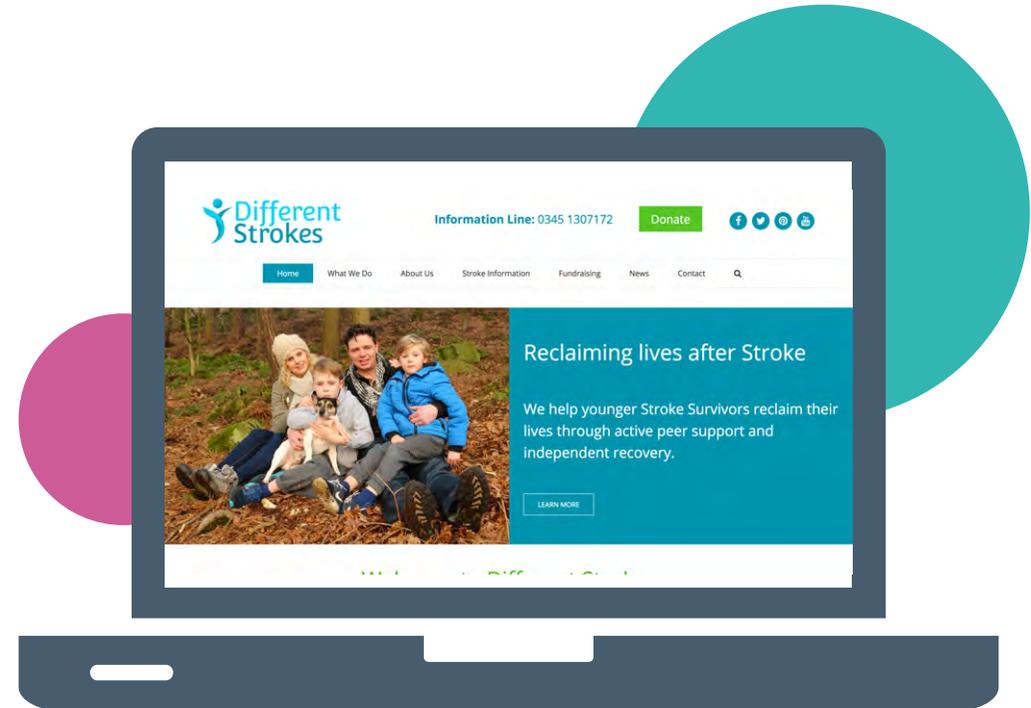
Different Strokes

The Different Strokes group empowers younger stroke survivors, their families and friends to reclaim their lives and ambitions through active support such as:

- organising a national network of weekly exercise and support classes
- providing practical, easy to use information for the recovering stroke survivor and family members
- offering a 'Strokeline' telephone service so that younger stroke survivors can speak to other younger stroke survivors
- keeping stroke survivors informed, through newsletters, social media and other means, of developments relevant to them

 www.differentstrokes.co.uk

 Find out more about the information available from 'Different Strokes'





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Different Strokes

Further information and resources

Different Strokes' information packs help people to carry on with life after stroke and are split into different sections - you may find that you don't need all of the sections at first:

- [Life after stroke \(stroke information & prevention\)](#)
- [Preventing further strokes](#)
- [Services for stroke survivors \(services and organisations that may be able to help\)](#)
- [Benefits \(entitlements\)](#)
- [Benefits update](#)
- [How to get help from social services \(entitlements & procedures\)](#)
- [Charities that may be able to assist financially](#)
- [The invisible side of stroke \(dealing with counselling and the emotional aspects of stroke\)](#)
- [Sex after stroke](#)
- [FES \(Functional Electrical Stimulation\)](#)

Work After Stroke

- [Work After Stroke](#)
- [Work After Stroke - Information for family & friends](#)
- [Work After Stroke - Employer's guide](#)
- [Work After Stroke - Information for health & social care professionals](#)

Children

- [Care after a stroke in childhood](#)

For Carers

- [Caring for somebody after a stroke](#)



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Headway

Headway is the UK-wide charity that supports people affected by acquired brain injury, whether the result of a stroke, trauma, tumour or illness.

It works to improve life after brain injury through a wide range of services, including rehabilitation programmes, carer support, social re-integration, community outreach and respite care. The services available will vary, depending on local needs and resources.

For further information or support, visit the charity's website or contact the freephone helpline on the number below.

 www.headway.org.uk

 0808 800 2244

 helpline@headway.org.uk

Headway provides a variety of information leaflets relating to brain injury, including communication, decision making and memory problems, dysphagia, mood, fatigue and carers' roles:

 www.headway.org.uk/information-library

The north west offices are as follows:

 [Headway Blackburn with Darwen](#)

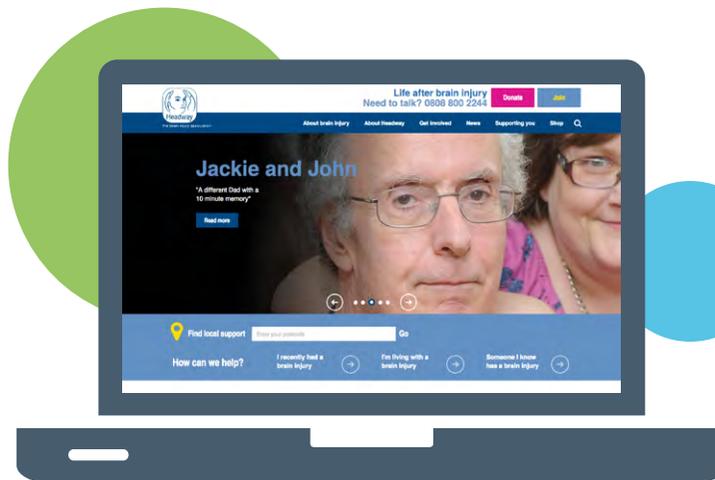
 [Headway Blackpool, Wyre & Fylde](#)

 [Headway Burnley & Pendle](#)

 [Headway Lancaster & Morecambe Bay](#)

 [Headway Preston & Chorley](#)

 [Headway South Cumbria](#)



the brain injury association



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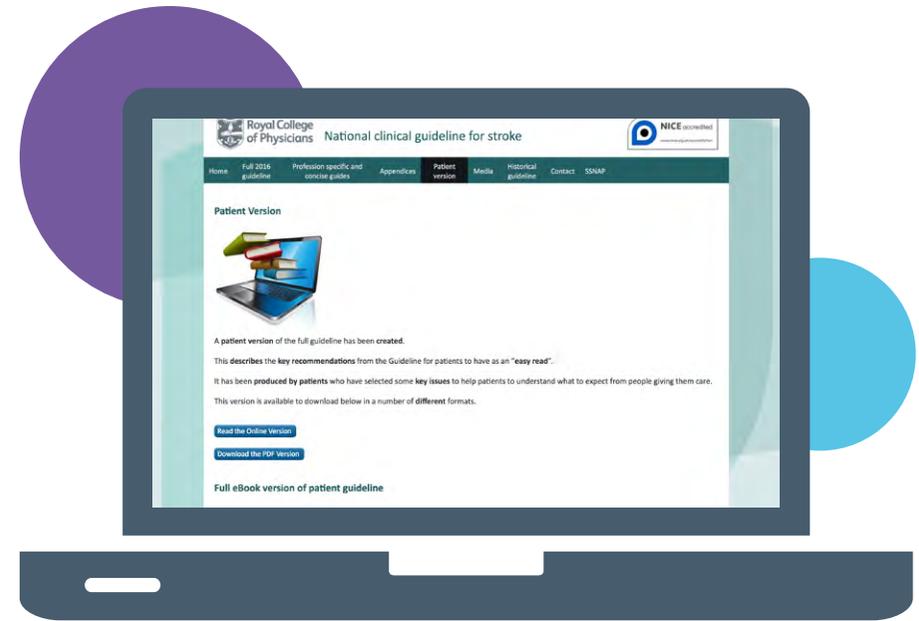
The Royal College of Physicians

The Royal College of Physicians produces a National Clinical Guideline for Stroke every four years.

It covers the whole stroke pathway from emergency hospital treatment through to long term rehabilitation and how to prevent further strokes.

The recommendations set standards for what should be provided by professionals and managers for patients and their carers when someone has had a stroke or transient ischaemic attack. The recommendations are based on the best current research evidence.

 www.strokeaudit.org/Guideline/Patient-Guideline.aspx





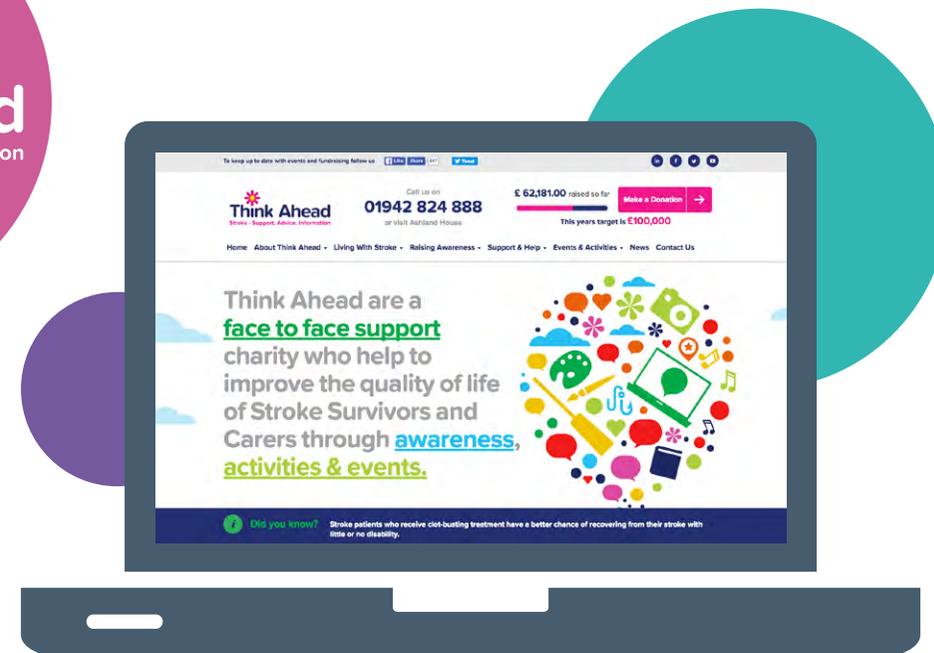
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Think Ahead

Think Ahead offers both Stroke Survivors and their Carers ongoing support, advice and information together with group meetings, events and activities.

Think Ahead are based in Wigan but the courses they offer can be accessed by North West residents.

 www.think-ahead.org.uk





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> www.gov.uk

www.gov.uk

For government services and information including benefits and disability, use the following link:

 www.gov.uk





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Alternative formats and local contact information

This section contains more options for accessing stroke related information including:

- the contact details for local organisations who can support with stroke related issues
- stroke information in alternative formats
- printable versions of the Stroke Information Guide

Please click on the options on the left hand side of this page to find out more.

Alternative formats

Lancashire's Clinical Commissioning Groups (CCGs) support meeting the communication needs of patients, service users and their carers and families, where those communication needs relate to a disability, impairment or sensory loss.

The information in the Stroke Information Guide can be requested in large print, by email, in Braille, on audiotape/CD, as a British Sign Language (BSL) DVD, in Easy Read with pictures, and in community languages. You can also get a summary with pictures.

For further information please contact:

Healthier Lancashire & South Cumbria team

 01253 951 630

 healthier.lsc@nhs.net





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Contact details for key local organisations

Please click on the area that you would like the associated contact information for:

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-  [Blackpool](#)
-  [Chorley and South Ribble](#)
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Blackburn with Darwen

Stroke Association

☎ Information, Advice & Support Service (IAS):
01254 367 431 or 01254 367 432

☎ Communication Support Service (CS): 01254 367 430

Blackburn with Darwen Carers Service

☎ 01254 688 440

✉ office@bwdcarers.org.uk

🌐 www.bwdcarers.org.uk

Blackburn with Darwen Wellbeing Service

☎ 01254 682 037

✉ wellbeing@blackburn.gov.uk

🌐 www.refreshbwd.com/change

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

☎ 07926 571 247

✉ info@headwayblackburn.org.uk

🌐 www.headwayblackburn.org.uk

Mindsmatter

Mindsmatter is an NHS service that provides talking therapies in North Lancashire for adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression.

☎ 01254 226 037

🌐 www.lancashirecare.nhs.uk/Mindsmatter

Lancashire Women's Centres

Provide a Community Wellbeing Service for men and women which includes one to one therapy and support groups and talking therapies for the treatment of anxiety and depression:

☎ 01254 583 032

☎ 0808 280 3160 Freephone

✉ enquiries@womenscentre.org

🌐 www.womenscentre.org



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Blackpool

Stroke Association

 Life After Stroke Service (LAS): 01253 762 665

Blackpool Carers Trust

 01253 393 748 or text: 07961 586 703

 admin@blackpoolcarers.org

 www.blackpoolcarers.org

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

 07856 260 655

 general@headwayblackpool.co.uk

 headwayblackpool.co.uk

Supporting Minds Blackpool

A free, NHS evidence-based talking therapy service for people 16 years old and over, who are feeling anxious and/or who have low mood. They provide a range of evidenced based treatment programmes including one to one therapy and group work for people living in the Blackpool area experiencing these problems.

 01253 955 700

 www.bfwh.nhs.uk/our-services/community-services/supporting-minds

Lancashire Women's Centres

Provide a Community Wellbeing Service for men and women which includes one to one therapy and support groups and talking therapies for the treatment of anxiety and depression:

 01254 583 032

 0808 280 3160 Freephone

 enquiries@womenscentre.org

 www.womenscentre.org



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Chorley and South Ribble

Stroke Association

 Life After Stroke Service (LAS): 01772 651 927

n compass Carers' Support

 03450 138 208

 admin@ncompassnorthwest.co.uk

 ncompassnorthwest.co.uk/what-we-do/carers-support

The Lancashire Wellbeing Service

Helps people, aged 18 and over, to deal with the causes that can affect their health and wellbeing. They offer a non-clinical service to improve individuals' independence and quality of life.

 03450 138 208

 www.lancswellbeing.co.uk

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

 07557 123 493

 services@headwayprestonandchorley.org.uk

 www.headwayprestonandchorley.org.uk

Mindmatter

Mindmatter is an NHS service that provides talking therapies in North Lancashire for adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression.

 01772 644 519

 www.lancashirecare.nhs.uk/Mindmatter

Lancashire Women's Centres

Provide a Community Wellbeing Service for men and women which includes one to one therapy and support groups and talking therapies for the treatment of anxiety and depression:

 01254 583 032

 0808 280 3160 Freephone

 enquiries@womenscentre.org

 www.womenscentre.org



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East Lancashire

Stroke Association

☎ Information, Advice & Support Service (IAS):
01282 691 262

☎ Communication Support Service (CS): 01282 693 333

Carers Link Lancashire

☎ 0345 688 7113

✉ info@carerslinklancashire.co.uk

🌐 www.carerslinklancashire.co.uk

The Lancashire Wellbeing Service

Helps people, aged 18 and over, to deal with the causes that can affect their health and wellbeing. They offer a non-clinical service to improve individuals' independence and quality of life.

☎ 03450 138208

🌐 www.lancswellbeing.co.uk

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

☎ For Burnley and Pendle areas contact Janet on:
01282 425 939

Mindsmatter

Mindsmatter is an NHS service that provides talking therapies in North Lancashire for adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression.

☎ Burnley: 01282 657 268

☎ Hyndburn: 01254 226 007

☎ Pendle: 01282 657 927

☎ Ribble Valley: 01200 420 499

☎ Rossendale: 01282 657 792

🌐 www.lancashirecare.nhs.uk/Mindsmatter

Lancashire Women's Centres

Provide a Community Wellbeing Service for men and women which includes one to one therapy and support groups and talking therapies for the treatment of anxiety and depression:

☎ 01254 583 032

☎ 0808 280 3160 Freephone

✉ enquiries@womenscentre.org

🌐 www.womenscentre.org



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Fylde and Wyre

Stroke Association

☎ Life After Stroke Service (LAS): 01253 762 665

n compass Carers' Support

☎ 03450 138 208

✉ admin@ncompassnorthwest.co.uk

🌐 ncompassnorthwest.co.uk/what-we-do/carers-support

The Lancashire Wellbeing Service

Helps people, aged 18 and over, to deal with the causes that can affect their health and wellbeing. They offer a non-clinical service to improve individuals' independence and quality of life.

☎ 03450 138 208

🌐 www.lancswellbeing.co.uk

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

☎ 07856 260 655

✉ general@headwayblackpool.co.uk

🌐 headwayblackpool.co.uk

Mindsmatter

Mindsmatter is an NHS service that provides talking therapies in North Lancashire for adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression.

☎ 01253 955 943

🌐 www.lancashirecare.nhs.uk/Mindsmatter

Lancashire Women's Centres

Provide a Community Wellbeing Service for men and women which includes one to one therapy and support groups and talking therapies for the treatment of anxiety and depression:

☎ 01254 583 032

☎ 0808 280 3160 Freephone

✉ enquiries@womenscentre.org

🌐 www.womenscentre.org



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Greater Preston

Stroke Association

☎ Life After Stroke Service (LAS): 01772 651 927

n compass Carers' Support

☎ 03450 138 208

✉ admin@ncompassnorthwest.co.uk

🌐 ncompassnorthwest.co.uk/what-we-do/carers-support

The Lancashire Wellbeing Service

Helps people, aged 18 and over, to deal with the causes that can affect their health and wellbeing. They offer a non-clinical service to improve individuals' independence and quality of life.

☎ 03450 138 208

🌐 www.lancswellbeing.co.uk

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

☎ 07557 123 493

✉ services@headwayprestonandchorley.org.uk

🌐 www.headwayprestonandchorley.org.uk

Mindsmatter

Mindsmatter is an NHS service that provides talking therapies in North Lancashire for adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression.

☎ 01772 773 437

🌐 www.lancashirecare.nhs.uk/Mindsmatter

Lancashire Women's Centres

Provide a Community Wellbeing Service for men and women which includes one to one therapy and support groups and talking therapies for the treatment of anxiety and depression:

☎ 01254 583 032

☎ 0808 280 3160 Freephone

✉ enquiries@womenscentre.org

🌐 www.womenscentre.org



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Morecambe Bay

> For the contact details for key local organisations in the **North Lancashire** area please [click here](#)

> For the contact details for key local organisations in the **South Cumbria** area please [click here](#)



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North Lancashire

Stroke Association

Life After Stroke Service (LAS): 01524 69697

Support for Carers

n compass Carers' Support

03450 138 208

admin@ncompassnorthwest.co.uk

ncompassnorthwest.co.uk/what-we-do/carers-support

The Lancashire Wellbeing Service

Helps people, aged 18 and over, to deal with the causes that can affect their health and wellbeing. They offer a non-clinical service to improve individuals' independence and quality of life.

03450 138 208

www.lancswellbeing.co.uk

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

07947 342 425

headwaylancaster@gmail.com

www.headwaylancaster.com

Mindsmatter

Mindsmatter is an NHS service that provides talking therapies in North Lancashire for adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression.

01524 550 552

www.lancashirecare.nhs.uk/Mindsmatter

Lancashire Women's Centres

Provide a Community Wellbeing Service for men and women which includes one to one therapy and support groups and talking therapies for the treatment of anxiety and depression:

01254 583 032

0808 280 3160 Freephone

enquiries@womenscentre.org

www.womenscentre.org



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South Cumbria

Stroke Association

☎ Communication Support Service: 01524 69672

☎ Kendal Speakability Group: 01539 721 017

☎ Stroke Recovery Service: 07739 746 099

Support for Carers

South Lakeland Carers

☎ 01539 815 970

✉ admin@slcarers.org.uk

The Wellbeing Service in Cumbria

A Health and Wellbeing Coaches service offers support to individuals within the community, to work at setting goals and to pursue their vision of a good life.

☎ 01228 221 590

☎ 03000 133 000

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

☎ 07977 934337

✉ headwaysouthcumbria@gmail.com

🌐 headwaysouthcumbria.wordpress.com

First Step

First Step is an NHS service that provides free, talking therapies to adults (18+) in Cumbria. First Step can help with a range of common mental health problems including mild to moderate depression, anxiety disorders (such as chronic worry, panic attacks, health anxiety and obsessions), mild bulimia, anger or sleep problems.

☎ 0300 123 9122

✉ ncm-tr.firststep@nhs.net

Barrow Women's Community Matters

Barrow Women's Community Matters can provide one to one tailored support to women only on a range of matters, including mental wellbeing.

☎ 01229 311 102

✉ reception@womenscommunitymatters.org



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West Lancashire

Stroke Association

 0303 3033 100

n compass Carers' Support

 03450 138 208

 admin@ncompassnorthwest.co.uk

 ncompassnorthwest.co.uk/what-we-do/carers-support

Carers' Support West Lancashire

 01695 733737

 carers@wlcvs.org

 www.wlcvs.org/carers-health-education-awareness/

The Lancashire Wellbeing Service

Helps people, aged 18 and over, to deal with the causes that can affect their health and wellbeing. They offer a non-clinical service to improve individuals' independence and quality of life.

 03450 138 208

 www.lancswellbeing.co.uk

Headway

A UK-wide charity that works to improve life after brain injury, including stroke, through a wide range of services.

 07736 774 496

 headwaysefton@yahoo.co.uk

 headwaysefton.com

Mindmatter

Mindmatter is an NHS service that provides talking therapies in North Lancashire for adults from the age of 16 upwards who may be struggling with common difficulties such as stress, anxiety and depression.

 01695 684 177

 www.lancashirecare.nhs.uk/Mindmatter



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Stroke information in BSL

The following links provide stroke information in BSL:

What is a stroke in BSL

 www.signhealth.org.uk/health-information/health-advice/strokes

 www.bda.org.uk/health-stroke

 www.nhs.uk/video/Pages/stroke-act-fast-bsl-leaflet.aspx

FAST campaign

 www.youtube.com/watch?v=SvCv5zi77eU

Preventing a stroke in BSL

Understanding high blood pressure

 www.bhf.org.uk/heart-health/risk-factors/high-blood-pressure/high-blood-pressure-in-bsl

Understanding cholesterol

 www.bhf.org.uk/heart-health/risk-factors/high-cholesterol/high-cholesterol-in-bsl

Exercise

 www.bhf.org.uk/heart-health/preventing-heart-disease/staying-active/staying-active-in-bsl

Stopping smoking

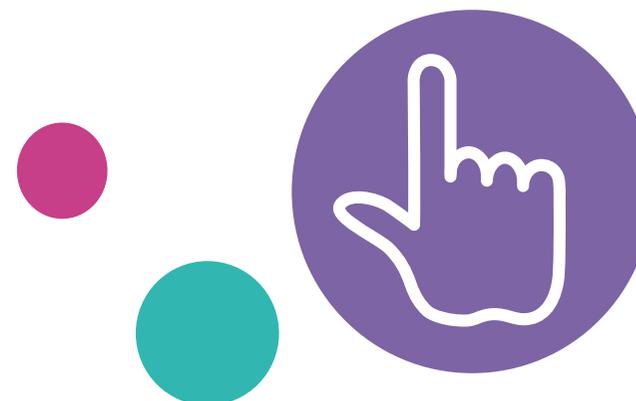
 www.bhf.org.uk/heart-health/risk-factors/smoking/smoking-in-bsl

Understanding risk factors linked with coronary heart disease

 www.bhf.org.uk/heart-health/preventing-heart-disease/heart-health-in-bsl

Diabetes

 www.bhf.org.uk/heart-health/risk-factors/diabetes/diabetes-in-bsl





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Stroke information in audio format

The Stroke Association provides some of its information in audio format:

We are the Stroke Association

 www.stroke.org.uk/resources/we-are-stroke-association

What is a stroke?

 www.stroke.org.uk/resources/what-stroke

Transient ischaemic attack (TIA)

 www.stroke.org.uk/resources/transient-ischaemic-attack-tia

When a stroke happens

 www.stroke.org.uk/resources/when-stroke-happens

Healthy eating and stroke

 www.stroke.org.uk/resources/healthy-eating-and-stroke

Life after stroke

 www.stroke.org.uk/resources/life-after-stroke

Information for people of South Asian origin

 www.stroke.org.uk/resources/reducing-your-risk-stroke-information-south-asian-people

Information for people of black African or Caribbean origin

 www.stroke.org.uk/resources/reducing-your-risk-stroke-information-black-african-and-black-caribbean-people





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Stroke information in easy read format

Easy read information on the different stages that stroke patients and their families and Carers may experience is available here:

 [Preventing first or further stroke](#)

 [The hospital phase](#)

 [Rehabilitation](#)

 [Survivorship](#)





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Print versions of the Stroke Information Guide

Not everyone uses the internet to access information so a printable version of the Stroke information Guide is available below.

The sections of interest can be printed off in a health, community or home setting for someone who would find this format more useful. Pages 39 - 56 of this printable version include the contact details of support organisations arranged by local areas.

 [Printable summary of Stroke Information Guide including contact details for key, local organisations](#)



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Creating the Stroke Information Guide

The Stroke Information Guide has been created as part of the Lancashire and South Cumbria Stroke Programme work. This work aims to further improve stroke services to ensure they are some of the best in the country.

Stroke survivors and their families need to be able to access good quality information, in an appropriate format and delivered by an appropriate method that is specific to their needs across the whole stroke patient journey.

To meet this need, individuals from a variety of backgrounds, all passionate about the subject of stroke, provided their experience and insight into what information they thought would be useful for stroke survivors, their families and Carers, and anybody who supports somebody affected by stroke.

The individuals involved included stroke survivors and their families and representatives from Carers' organisations, the Stroke Association, Black and Minority Ethnic communities, Public Health and the health service e.g. Clinical Psychology, Speech and Language Therapy and stroke team members. Their work has resulted in the creation of this Guide. We sincerely thank them for giving their time, effort and insight. We also thank the NHS Midlands and Lancashire Commissioning Support Unit's Design and Digital team and Equality and Inclusion specialists for their expertise in creating the Guide from the feedback that was provided.